

## CARBOHYDRATE CONTENT – with Weight of Standard Portion in gram (g)

The calculation of the carbohydrate content (in gram) is based on the nutritional information of all the raw ingredients and therefore counting all carbohydrates in the products used in the preparation for this menu. There will always be a certain degree of variation in portion size for any given food. Therefore, the portion sizes should be treated as estimates.

WEEK 1				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pork Sausages (2) 5 Gravy 50g/ml: 2 Diced Potatoes 80g (cooked): 23	Lamb Slice 150g: 16 Creamed Potatoes (1/2 ptn) 45g (cooked): 7	Roast Beef 0 Yorkshire Pudding 7 Gravy 50g/ml: 2 Roast Potatoes 55g (cooked): 15 or Wholemeal Pasta 80g (cooked): 22	Chicken Deli Wrap 170g: 33 Rice (1/2 ptn) 40g (cooked): 13	Battered Fish Fillet 9 Potato Wedges 80g (cooked): 25 or Wholemeal Pasta 80g (cooked): 22
Quorn Pattie (V) 2 Bun 55g: 21 Diced Potatoes (1/2 ptn) 40g (cooked): 12	Macaroni Cheese (V) 140g: 27 Garlic Bread 35g: 13	Veggie 'Meat-Free balls' (V) (4) 4 Gravy 50g/ml: 2 Roast Potatoes 55g (cooked): 15 or Wholemeal Pasta 80g (cooked): 22	Italian Pasta Bake 225g: 25 Mixed Salad 55g: 2	Cheese and Tomato Pizza (V) 80g: 19 Potato Wedges (1/2 ptn) 40g (cooked): 13 or Wholemeal Pasta (1/2 ptn) 40g (cooked): 11
Fruit Mousse 60g: 7	Fruit Portion	Lemon Cake 35g: 16	Fruited Jelly 115g: 14	Chocolate Brickwall 40g: 21
Cheese Sandwich* 34	Chicken Mayo Wrap 30	Tuna Baguette* 35	Ham Flatbread* 20	Egg Roll* 27
Jacket Potato 200g (cooked): 43 with Various Toppings**	Jacket Potato 200g (cooked): 43 with Various Toppings**	Jacket Potato 200g (cooked): 43 with Various Toppings**	Jacket Potato 200g (cooked): 43 with Various Toppings**	Jacket Potato 200g (cooked): 43 with Various Toppings**
WEEK 2				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Burger 4 Bun 55g: 21 Potato Wedges (1/2 ptn) 40g (cooked): 13 or Rice (1/2 ptn) 40g (cooked): 13	Creamy Chicken Pasta 165g: 28  Garlic Bread 35g: 13	Roast Chicken 0 Sage & Onion Stuffing 45g: 8 Gravy 50g/ml: 2 Roast Potatoes 55g (cooked): 15 or Wholemeal Pasta 80g (cooked): 22	Organic Beef Lasagne 195g: 17  Herby Bread 35g: 13	Salmon Fish Fingers (2) 10 Low Fat Chips 60g (cooked): 21 or Wholemeal Pasta 80g (cooked): 22
Beany Bolognese (V) 165g: 19 Potato Wedges 80g (cooked): 25 or Rice 80g (cooked): 26	Quorn Frankfurter (V) (1) 2 Roll 55g: 20 Diced Potatoes (1/2 ptn) 40g (cooked): 12	Crispy Topped Vegetarian Pie (V) 210g: 18 Roast Potatoes (1/2 ptn) 30g (cooked): 8 or Wholemeal Pasta (1/2 ptn) 40g (cooked): 11	Cheese Pinwheel (V) 80g: 10  Potato Wedges (1/2 ptn) 40g (cooked): 13	Cheese and Tomato Pizza (V) 80g: 19 Low Fat Chips (1/2 ptn) 30g (cooked): 11 or Wholemeal Pasta (1/2 ptn) 40g (cooked): 11

Banana Peasant Pudding 80g: 20 Custard 90g/ml: 11	Fruit Portion	Carrot and Orange Cupcake 45g: 17	Fruited Jelly 115g: 14	Marbled Cookie 30g: 17
Cheese Sandwich* 34	Chicken Mayo Wrap 30	Tuna Baguette* 35	Ham Flatbread* 20	Egg Roll* 27
Jacket Potato 200g (cooked): 43 with Various Toppings**	Jacket Potato 200g (cooked): 43 with Various Toppings**	Jacket Potato 200g (cooked): 43 with Various Toppings**	Jacket Potato 200g (cooked): 43 with Various Toppings**	Jacket Potato 200g (cooked): 43 with Various Toppings**
<b>WEEK 3</b>				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Chicken and Sweetcorn Meatballs (3) 4 Tomato Sauce 80g: 4 Tri-colour Pasta 75g (cooked): 25	Organic Beef Bolognese 160g: 7 Diced Potatoes 80g (cooked): 23 or Wholemeal Pasta 80g (cooked): 22	Roast Pork 0 Sage & Onion Stuffing 45g: 8 Gravy 50g/ml: 2 Roast Potatoes 55g (cooked): 15 or Wholemeal Pasta 80g (cooked): 22	Chicken Pie 160g: 23 Creamed Potatoes (1/2 ptn) 45g (cooked): 7 or Vegetable Rice (1/2ptn) 40g (cooked): 13	Fish Fillet Fingers (2) 10 Low Fat Chips 60g (cooked): 21 or Wholemeal Pasta 80g (cooked): 22
Tortilla Stack (V) 120g: 23 Tri-colour Pasta (1/2 ptn) 40g (cooked): 13	Cheese and Leek Slice (V) 90g: 17 Diced Potatoes (1/2 ptn) 40g (cooked): 12 or Wholemeal Pasta (1/2 ptn) 40g (cooked): 11	Quorn Fillet (V) 1 Gravy 50g/ml: 2 Roast Potatoes 55g (cooked): 15 or Wholemeal Pasta 80g (cooked): 22	Sticky Vegetarian Sausages (V) 120g: 13 Creamed Potatoes 90g (cooked): 13 or Vegetable Rice 85g (cooked): 25	Cheese and Tomato Pizza (V) 80g: 19 Low Fat Chips (1/2 ptn) 30g (cooked): 11 or Wholemeal Pasta (1/2 ptn) 40g (cooked): 11
Apple Crumble 80g: 19 Custard 90g/ml: 11	Fruit Portion	Chocolate Sponge 40g: 16	Fruited Jelly 115g: 14	Shortbread 40g: 21
Cheese Sandwich* 34	Chicken Mayo Wrap 30	Tuna Baguette* 35	Ham Flatbread* 20	Egg Roll* 27
Jacket Potato 200g (cooked): 43 with Various Toppings**	Jacket Potato 200g (cooked): 43 with Various Toppings**	Jacket Potato 200g (cooked): 43 with Various Toppings**	Jacket Potato 200g (cooked): 43 with Various Toppings**	Jacket Potato 200g (cooked): 43 with Various Toppings**

**The numbers in the menu are referring to the total amount of carbohydrates in grams.**

*\*Bloomer Sandwich 76g: 34 CHO; Flat Bread 54g: 20 CHO (if baked by HCL on location); Baguette 63g: 34 CHO; 10" Tortilla Wrap 56g: 28 CHO; Roll 70g: 26 CHO (if baked by HCL on location). However, some schools use Malted Baguettes 63g: 32 CHO; bought in high fibre buns 50g: 23g CHO. Please check with your school cook*

## **\*\* Toppings for Jacket Potatoes**

<b>Topping</b>	<b>Portion size</b>	<b>Carbohydrates/ Portion (g)</b>
Baked Beans	70g	7
Cheese	30g	1
Tuna	50g	0
Vegetarian Beany Bolognaise	60g	6

### ***Alternative dessert options available have the following Carb Counts:***

Shortbread Biscuit	21g
Iced Fruit Smoothie	15g
Cheese and Biscuits	12g
Yoghurt - Yeo Valley Organic	9g

### ***Fresh Fruits - Carbohydrate (g)/ 50g portion (on average):***

Apple	5g
Banana	12g
Blueberries	5g
Grapes	8g
Mango	7g
Orange	4g
Papaya	4g
Pear	5g
Pineapple	5g
Watermelon	4g

### ***Sides - Carbohydrate (g)/ per average portion:***

Wholemeal Bread	10g
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### ***Sauces - Carbohydrate (g)/ 50g portion;***

Gravy	2g
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### ***Starchy Side Vegetables - Carbohydrate (g)/ 50g portion;***

Sweetcorn	8g
Baked Beans	5g
Peas	4g
Parsnips	6g
Carrots	4g
Beetroot	5g

*Please note that side vegetable offerings vary from school to school, and only "starchy" side vegetables have been listed.*

**IT IS POSSIBLE THAT THERE WILL ALWAYS BE A CERTAIN DEGREE OF VARIATION IN PORTION SIZE FOR ANY GIVEN FOOD, DEPENDING ON FACTORS INCLUDING THE COOKING METHOD, LENGTH OF COOKING TIME, TEMPERATURE, AMOUNT OF WATER USED AND SURFACE AREA OF THE FOOD.**

**ALL APPROPRIATE PROCESSES WILL BE MANAGED BUT PLEASE NOTE THAT NO GUARANTEES CAN BE GIVEN. THEREFORE, THE PORTION SIZES SHOULD BE TREATED AS ESTIMATES.**

**THE CARBOHYDRATE COUNTS SHOULD BE USED AS A GUIDE ONLY, FOR THE PERSON RESPONSIBLE FOR ADMINISTERING INSULIN. ALSO, INFORMED BY RESOURCES SUCH AS CARBS AND CALS, WITH TRAINING PROVIDED BY AN APPROPRIATE HEALTHCARE PROFESSIONAL.**